

Irving Recreation Center

Summer Day Camp

Grades K-2

Health and Nutrition!

This week we will focus on Health and Nutrition with the help of our AmeriCorps Member Sondra and the OrganWise Guys Curriculum. REMINDER: Campers must wear close-toed shoes in order to participate in the majority of our activities. Please help us make sure everyone stays safe with the appropriate footwear. Thanks!

This Week's Highlights

Monday

Today we will be playing active games, doing a craft activity, and and fitness stations. We will also be doing archery and an OrganWise Guys club in the afternoon.

Tuesday

In the afternoon, we will be playing water games! IMPORTANT: Please make sure to send your camper's swimming suit, towel, and closed toed shoes that they can get wet.

Wednesday

In the morning, we will be doing yoga and tennis. We will be going swimming at Irvingdale Pool from 11:30 to 1:00. Please remember to send your camper with their swimsuit, towel, and sunscreen. In the afternoon, campers will be participating in a challenge activity as well as help the OrganWise Guys in the garden.

Thursday

We will begin our day with yoga and tennis. We will also go swimming at Irvingdale Pool from 11:30 to 1:00. Please remember to send your camper with their swimsuit, towel, and sunscreen. In the afternoon, campers will participate in OrganWise Guys and charades.

Friday

In the morning, we will be playing active games. We will leave for our field trip to Paint Yourself Silly at 12:15 and return to the Irving Recreation Center at 2:45. We will spend the rest of the afternoon at Irvingdale Park.

Day Camp Family Swim Night!

Irving Rec. Center will host a Family Swim Night at Irvingdale Pool on Saturday, June 22 from 6-8 p.m. Mark your calendars! More information will come soon.



Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwave s are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

Contact Us

402-441-7954